

## **Home School Link Worker Weekly Bulletin**

### **Behaviour support**

Although this time of year can be incredibly exciting, it can also be very overwhelming. Change to routine, new experiences and adaptations to timetables can result in dysregulation.

A helpful acronym to remember when our children are struggling with heightened emotions is HALT.

HALT serves as a helpful reminder to ask ourselves:

Is my child:

- ☞ Hungry?
- ☞ Anxious (or angry)?
- ☞ Lonely? (or feeling left out)?
- ☞ Tired?

HALT encourages us to pause for a moment and focus on addressing their needs, rather than their behaviour.

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### **Resources from Surrey's Family Information Service**

The Family Information Services has collected and organised helpful resources, tips and videos linked to a range of different parenting topics including screen time, mental health and managing expectations.

[Click here](#) for their website.



### **Christmas activities in Surrey**

Red Kite Days have listed local family friendly Christmas events.

[Click here](#) for their website.



## **Fun activity of the week: Salt dough decorations**

### **You will need:**

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)
- acrylic paint/felt tip pens
- greaseproof paper



### **Method:**

1. Preheat the oven to its lowest setting and line a baking sheet with greaseproof paper.
  2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
  3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.
  4. Put your finished items on the lined baking tray and bake for 3 hrs or until solid.
  5. Leave to cool and then decorate with paint or felt tip pens.
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## **Recipe of the week: Beef stew**

### **Ingredients:**

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef, cut into nice large chunks



### **Method:**

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.

5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins more until the meat is really tender and the sauce is thickened.
  6. Garnish with the picked leaves of the remaining thyme sprig.
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If you would like any further help, guidance or support for you or your family, please contact **Laura Merrick** (Home School Link Worker) [hslw2@stmarys-byfleet.surrey.sch.uk](mailto:hslw2@stmarys-byfleet.surrey.sch.uk) (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

